

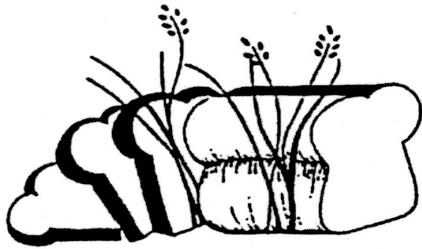
Be
Active
Everyday!



Get Active!

**in
Waukesha
County**





Waukesha County Nutrition Coalition

Welcome to the "Get Active" Adventure!

**It is our hope that this booklet will inspire you
and your family to have fun with physical ac-
tivity.**

**Choose an activity from the
table of contents and explore
the possibilities for fun!**

—Waukesha County Nutrition Coalition

"Get Active" lists just some of the many wonderful,
affordable opportunities for active play in
Waukesha County.

This booklet available for viewing or downloading
at www.WCNCwaukesha.org

ALL CONTENT IN THIS BOOKLET SUBJECT TO CHANGE.



515 W. Moreland Blvd., Administration Center Rm G22
Waukesha WI 53188
Phone: 262-548-7877 Fax: 262-548-7787
Para más información en español comuníquese con: 262-548-7882
www.waukeshacounty.gov/uwex

FoodWise is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. SNAP/FoodShare helps families buy the food they need for good health. Visit access.wi.gov to learn how to apply. For more about FoodShare in Waukesha County, families with minor children can call 262/695-7971 or if you are elderly or disabled, call 262/548-7708. An AA/EEO employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirements.

Information updated 10/15

Activities for the Disabled ARCh

(Association for the Rights of Citizens
with handicaps)

(262) 542-9811

www.waukeshaarch.org

419 Frederick Street, Waukesha WI 53186

If you or someone you know has a disability, there are many accessible opportunities for active play and leisure pastimes in the community. Finding the right activity is often just a question of knowing who to call or what to ask.

ARCh offers a variety of programs and services for people who have disabilities, as well as information and resources for parents and caregivers.

Please contact us if you would like to learn more about:

Camp Pow Wow (summer day and residential camp for children and adults with disabilities, providing recreation skills and experiences in swimming, fishing, boating, hiking, and physical fitness)

Thursday Night Socials (twice-monthly dances for adults with disabilities, held at a local school)

Small Group Outings to sporting and cultural events, historic sites, nature centers, etc.

Call or visit the ARCh website to learn more about upcoming events!

Join in the **fun** at the
Waukesha County Fair

a five day festival held annually in July at the
Waukesha County Exposition Center
(Fair Grounds)
1000 Northview Road, Waukesha

This fun family event features
livestock exhibits, music,
food, rides, games & more!

Visit **www.waukeshacountyfair.com** or
Call **(262) 544-5922**
for times, rates, and other info.

Take a water safari

Children are thrilled to go to water parks. These are
two favorites of Waukesha County kids:

Wirth Aquatic Center

Wirth Park, 2585 N Pilgrim Rd, Brookfield
(262) 787-3901

Features:

- Zero depth pool
 - 50 meter pool
 - Diving Boards
 - Slides
 - Play Area
- And more!



Country Springs Water Park

2810 Golf Rd, Waukesha **(262) 547-0201**
www.countryspringshotel.com

Day passes are available. The Country Springs Hotel has an
attached indoor water park. The combination of slides, water
attractions, and non-water attractions will keep you and your
family active for hours!

What is the Waukesha County Nutrition Coali-

The Waukesha County Nutrition Coalition is a
network of over 25 member agencies dedicated to
ending hunger in Waukesha County. Formed in
1994, the coalition represents food pantries,
congregations, community and government
agencies.

Our goals include:

- Educating the community about the extent of
hunger in our county;
- Showing citizens how and where to find
emergency food; and
- Developing recommendations for nutrition
programs and policies.

WCNC Mission:

Through collaboration, cooperation, and infor-
mation sharing, the WCNC works to prevent hun-
ger and food insecurity, provides information and
education on nutrition issues, and promotes social
policies that achieve food security while honoring
the dignity of those we serve.

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Go Roller Skating

Skating is a cool way for kids to burn energy. Why not strap on some skates yourself?



Skateland Waukesha,
1931 E Main St
Waukesha (262) 542-7971

Butler Skateland, 12400 W Custer Ave,
Butler (262) 783-5012

Incredi-Roll Skate & Family Fun Center
10928 W Oklahoma Ave, West Allis (414) 545-8444
www.incredi-rollsk8.com

Go Disc Golfing

A great outdoor activity for the whole family! Some courses charge a nominal fee, but most are free. Buy a disc and give it a try. Discs can be purchased new or used at reasonable prices.

Amateurs Welcome!

**The following parks currently have
Disc Golf courses:**

Wales Community Park
Village Park in Sussex
Miniwaukan Park in Mukwonago
Valley View Park in New Berlin



There are many other disc golf courses in the surrounding area & Wisconsin...visit this website for a directory: **www.pdga.com**

Go Bowling

Bowling is a sport the whole family can play together. Many local bowling lanes offer reduced prices for children. Just make wise choices at the snack bar! Here are some area bowling centers:

Village Bowl, N86 W18330 Main St, Menomonee Falls,
(262) 255-1580

Sunset Bowl, 333 W. Sunset Dr.
Waukesha, (262)-542-9191

Alpine Lanes of Muskego, S80 W18700 Apollo Dr,
(262) 679-1250

Bluemound Bowl, 12935 W Bluemound Rd, Brookfield
(262) 786-6280

Hartbrook Lanes, 550 Hartbrook Dr, Hartland
(262) 367-5166

Go Miniature Golfing

This family activity is fun for all ages. Find a course near you!

Helman's Driving Range & Mini Golf, N56 W19901
Silver Spring Dr, Menomonee Falls (262) 252-4447

Loggers Park, 1751 W1 175, Richfield
www.loggerspark.com (262) 628-4444

National Golf Center, S74 W24255 National Ave,
Big Bend, (262) 662-1556

Prairieville Park Adventure Golf, 2507 Plaza Ct,
Waukesha (262) 784-4653

Moorland Golf, 5900 S. Moorland Rd.
New Berlin (262) 784-7552

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Inclusion of organizations and businesses in this booklet do not constitute an endorsement by the University of Wisconsin Extension or by the Waukesha County Nutrition Coalition. Please call contact numbers or websites to verify times and prices of activities—they are subject to change without notice.



Why Get Active?

Control Your Weight!

Making physical activity a habit helps you achieve a healthy weight. If you need to lose weight, physical activity increases your ability to burn calories and curb your appetite.

Improve Your Health!

Regular physical activity can help you lower your cholesterol, blood pressure, and blood sugar levels. It can reduce your risk for heart disease, diabetes, hypertension, osteoporosis, and even some cancers.

Increase Your Energy!

Being physically active increases your general energy level and stamina. You feel less tired! Daily physical activity helps you to sleep better, too, which can improve your mental alertness.

Feel Happy!

Physical activity can fight depression and increase self-esteem. Physically active people cope better with stress and have more fun.

Give Your Kids the Best Start!

By being physically active and encouraging physical activity, parents can protect their children from obesity, depression and low self-esteem. Physical activity helps build stronger kids and stronger families.

Active Family Outings

When your family has something to celebrate, do something active! Here are some ideas:

Visit a Farm Local farms offer kids the opportunity to pick produce, take wagon rides, pet farm animals, and run all over! Check your local listings for additional farms.

Apple, Pumpkin and Berry Farms (Open from Spring through Fall)

Homestead Animal Farm W320 N9127 Hwy 83, Hartland **(262) 966-3840** Animals & Corn Maze

Basse Country Delight S70 W16050 Janesville Rd, Muskego **(414) 422-0315** Hayrides on the weekends. Corn Maze, Pumpkins, Petting Zoo.

The Elegant Farmer 1545 Main St, Mukwonago **(262) 363-6771** Apple & Pumpkin picking, Cherry Fest, Maple Fest, Cider Celebration

Stacey Farms N8750 Thiede Rd, East Troy **(877) 784-2578** Pumpkins, Haunted Hayrides, Corn Maze, Petting Zoo, Gift Shop

Schuett Farms W299 S6370 Hwy 83, Mukwonago **(262) 968-4348** Pick your own Pumpkin Patch, Corn Maze

Linders Pumpkin Farm & Corn Maze 19075 W Cleveland, New Berlin **(262) 549-5364** Animals too!

Prospect Hill Garden Center 19305 W. National Ave, New Berlin **(262) 679-2207** Corn Maze, Animals, Hay Rides, Pumpkin Patch

Simon Farms Sunnyside Produce 6000 Racine Ave, New Berlin Pumpkin Patch, Hay Rides

Youth Sports

Recreational and competitive team club sports are available in Waukesha County. Here are a just a few places. Check your local area listings or search the internet for more ideas.

Youth Club Soccer

Find specific club contacts on this website for a youth soccer club near you.

www.wiyouthsoccer.com

Milwaukee Area Youth LaCrosse Association (MAYLA)

Serving the greater Milwaukee area including Waukesha. For boys & girls of all ages.

www.milwaukeeyouthlacrosse.com

Waukesha Youth Football and Cheerleading Program

For 5th– 8th graders. “No youth will be excluded based on financial considerations.”

Opportunity for all youth regardless of athletic ability. **www.waukeshayouthfootball.com**

School Sports Activities

Encourage your children to participate in sports through their school. Some offer intramural teams as well as the regular team sports and activities.

Most schools have activities such as:

Basketball	Tennis
Baseball	Track & Field
Softball	Soccer
Wrestling	Dance, Poms
Cheerleading	Swimming
Golf	

One Small Step Can Change Your Life



“Sure, I’d like to get active, but it’s not that easy!”

Most of us have good reasons for not being more physically active:

“I don’t have the time.”

“I’m too tired!”

“I can’t afford health clubs or
exercise equipment.”

“Exercise is boring.”

“I’m not athletic.”

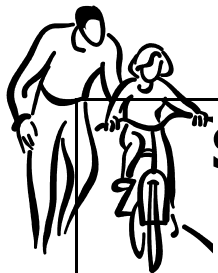
“I work fulltime and take care of two kids
—that’s active enough!”

It can be easier if you take small steps

Changing life habits is hard,
but anyone can take a few small steps
toward a more active way of life.

Twelve small steps are listed
on the next two pages.

Choose one you can do this week!



Simple Steps to Getting Active



1. Get motivated. Make a list of the reasons why you want to be active and fit. Need more inspiration and information? Visit some of the physical activity websites on pages 11-12.

2. Rev up your routine. Make a list of ways you can make the things you already do more active. See "Revving Up Your Daily Routine" on pages 5-6.

3. Make a plan. People are more likely to succeed in becoming active if they first make a plan of how to make it happen.

4. Make it fun. Browse through this "Get Active" Guide. Make a list of activities you and your family would enjoy.

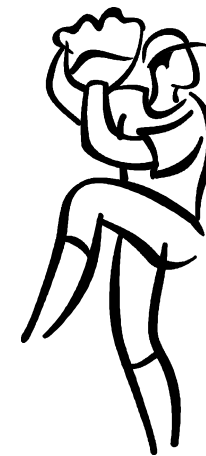
5. Make it convenient. Choose a time, a day and a place that you or your family could do an enjoyable physical activity. Choose times and places that are easy to fit into your life.

6. Make it realistic. Adults need to be active for at least 30 minutes a day. But this may be too much for people who are just starting out. If you don't feel you can be active for 30 minutes a day, plan a 10-minute activity three times a day.

Park District Fun

Youth sports are coached by parents and volunteers in the community. A few activities that youth can participate in are T-ball, baseball, softball, flag football, basketball, swimming, tennis, gymnastics, dance, and golf. Adult sports may also be available.

Call your local Park & Recreation Department. for specific offerings. See page 52 for a list of some of the Park and Recreation Departments in Waukesha County.



Gymnastics

Open Gyms for Young Children

Open gym allows kids to burn off energy, especially on days when it is hard to get outside. They have trampolines, foam pits, gymnastics equipment and more. There is a small fee per child.

M & M Gymnastics

16760 W Victor Rd, New Berlin

(262) 789-6885

www.mmgymanastics.com

Swiss Turners Gymnastics Academy

2214 S 116th St, West Allis

(414) 321-4340

www.swissturners.com

Scouting

Girl Scouts – Great Blue Heron

Location: 21430 W Greenfield Ave, New Berlin

(800) 565-4475

Website: **www.girlscoutsgbh.org**

Girl Scouting is open to all girls ages 5-17.

Financial assistance is available. Girl Scouts get involved in a variety of activities, including camping, swimming, horseback riding, hiking and canoeing. Call to find the location of a troop nearest you and the different programs offered in your area.

Boy Scouts – Potawatomi Area Council

Location: Harkrider Service Center,
804 Bluemound Rd, Waukesha

(262) 544-4881

Website: **www.pacbsa.org**

Open to boys in first grade through high school.

Scouting emphasizes character development, citizenship and mental and physical activities.

To locate a scout troop to join or to volunteer to become a scout leader, contact the number above.



Be reasonable and do what you can. Physical activity should be fun, not exhausting. You may even want to do more after you get used to being active.	
7. Put it in writing. Put your Personal or Family Activity Goals in writing. Post it on your fridge or anywhere else you can see it daily.	
8. See your doctor. Make an appointment for a physical check-up. Get your physician to support your physical activity plan.	
9. Get Support. Talk to friends and family about your plan to get more active. Ask them for encouragement. Find a “Get Active” buddy who will do activities with you.	
10. Eat right. It’s hard to be active when your body doesn’t have the right fuel. See pages 13-20 for ways to get sound information on eating right.	
11. Track your progress. Keeping a log or diary of your activities can be motivating! See page 11 for websites where you can track your progress online.	
12. Reward yourself! Remind yourself every week of the benefits of physical activity. Plan to give yourself or your family members rewards for meeting specific activity goals.	

Revving Up Your Daily Routine

You can get health benefits from only 30 to 60 minutes of vigorous physical activity five days a week. You can do one activity continuously—for example, from 3 to 4 pm. Or you can do several activities in a day—for example, 15 minutes at 6:30 am, 30 minutes at noon, and 15 minutes at 8 pm. Here are ways to get more active:

At Home

- Vacuum, dust, and sweep at a brisk pace. Make housework a workout. Get done in half the time!
- Play actively with your kids. Set aside places in the house where it's OK to run, jump, dance or tumble.
- Hide the TV remote. Get up from the couch every time you want to change the channel.
- Stretch, do exercises, or jump rope while you watch TV.
- Put a limit on the number of hours spent in front of the TV or computer. Almost anything else you do besides TV-watching or net-surfing will be more physically active!

Phantom Lake YMCA Camp

S110 W30240 YMCA Camp Rd, Mukwonago

(262) 363-4386

www.phantomlakeymca.org

This YMCA site has a variety of programs to participate in throughout the year: Resident Camp, Day Camp, Phantom Adventure Camping, Winter Camp, Family Camp, and Retreats. It does not matter what season it is, at Phantom Camp there is always something fun to do!

Winter Activities: sledding, ice skating, cross country skiing, outdoor games, crafts, campfires, indoor fun, nature activities, talent show, singing, and much more!!
Summer Activities: boating, swimming, fishing, sports, hiking, nature studies, crafts, singing, group games, skits, theme days, tumbling, climbing wall, archery, swimming lessons and many more.

The Salvation Army Youth programs

Salvation Army Summer Day Camps

445 Madison Street, Waukesha

An engaging learning environment where youth can enrich their mind, body and soul during those fun summer months.

For youth entering grades 1-7. Camp runs June –August. Monday-Friday. 8:00 am—4:00 pm. Before & after care available for an additional fee.

For information on the Salvation Army's Fall and other youth programming

Call **(262) 547-7367 ext. 238**

www.waukeshasalvationarmy.org

Boys & Girls Clubs of America

Boys & Girls Clubs of Greater Milwaukee

Boys and Girls Clubs are a great way for children of all ages to stay active! Members can participate in sport clinics or leagues which include soccer, football, basketball, baseball, softball, football, or volleyball. Clubs in the greater Milwaukee area also have an Adventure Club where youth can learn about the outdoors and the environment around them. The Boys & Girls Club offers some after-school and family programs. Check with your area school.

Camp Whitcomb/Mason operated by the Boys & Girls Club of the Greater Milwaukee Area offers schools, youth groups and clubs a variety of outdoor/environmental education experiences for your child (grades K-12).

Camp Whitcomb/Mason
W294 N8436 Camp Whitcomb Road
Hartland, WI 53029

(262) 538-1190 www.campwhitcombmason.org

Waukesha YMCA

Summer Day Camps

(262) 542-2557 www.waukeshaymca.org

Traditional Day Camp Ages 5-12 years.

Includes swimming, sports, games, arts & crafts.

Camp Double Eagle Ages 7-12 years.

Offered M—F located near Eagle in Kettle Moraine Forest. Transportation provided from the YMCA.

Sports Camps Ages 7-12 years.

Offered M-F Choose from a variety of fun sports.

Specialty Camps

Offered M-F Activities can include: gymnastics, cooking, art, fitness and much more.

- Do yard work: Rake leaves. Shovel snow. Weed the yard. Mow the lawn.

- Plant a flower or vegetable garden. (See pages 40-42 for information on gardening.)

- Walk the dog briskly twice a day.



At Work and Around Town

- Take the parking spot farthest from the building entrance.
- Take the stairs instead of the elevator.
- Instead of a coffee break, take a “stretch” break. Do five minutes of stretching exercises to boost your alertness.
- Walk over to co-workers’ offices or desks instead of using intercom or e-mail.
- Take a 10-minute walk during lunch break.
- Walk or ride a bike for short errands.
- When shopping at the mall, take a fast walk from one end of the mall to the other before you buy your first item.

The Bottom Line...

Aim for a healthy weight.

If you are inactive, become active.

If you are already active, maintain or increase your activity level.

Find your balance between eating and physical activity.

Be physically active every day. Stay active throughout your life and have fun!

DO PLENTY...

OF MOVING WHENEVER YOU CAN:

Walking the dog

Sweeping

Playing Outside

Vacuuming

Dusting

Riding a bike

Throwing a ball

Taking the stairs instead of the elevator



Keep the Kids Busy!

Children need active play after school and during the summer. Give your school-age child an active alternative to watching TV. Enroll him or her in an afterschool program, a summer camp, a youth club, a physical activity class or a sports team.



Waukesha County 4-H Youth Development Program

Young people in 4-H programs learn leadership and life skills. Regular 4-H membership is for all boys and girls in grades 3-13 (one year out of high school). Kids in K5-grade 2 can also join as Cloverbuds.

4-H clubs have regular meetings and officers. Kids in 4-H learn skills such as sewing, wood burning, basket weaving, scrapbooking, electricity, and robotics. 4-H kids can show art, photographs, foods & nutrition, drawings & paintings, woodworking, beef, dairy, goats, swine and more at the Waukesha County Fair. They go on trips, have parties, host international students, experiment with science, make art, go to camp, or take care of an animal. 4-H members can have projects that involve a lot of physical activity, such as gardening, bicycling, backpacking, canoeing, archery, skiing, and snowshoeing.

To join 4-H, visit a few club meetings with your child. Introduce yourself to the club leader as a prospective 4-H family. Club leaders will have enrollment information.

Consider starting up a new 4-H club in your neighborhood. Call the UW-Extension 4-H office at **(262) 548-7774** or visit the website for more information.

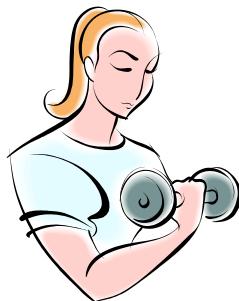
<http://waukesha.uwex.edu/4-h-youth-development>

Jazzercise

Jazzercise combines elements of jazz dance, resistance training, Pilates, yoga, and kickboxing to create effective exercise programs for people of every age and fitness level. For more information about jazzercise and for locations, visit www.jazzercise.com

Curves

This fitness center has an exercise environment especially designed for women. At these facilities you can meet with trainers and get encouragement from other women to reach your fitness goal. Visit the Curves Website for locations/fees and for information on their Weight Management Plan. www.curves.com



Boxing, Kick-boxing, Martial Arts

Medina Center Inc., 240 Cutler St 53186
(262) 524-9799
www.medinaboxingclub.com

Employer sponsored fitness

You may have a workout room at your place of work. Try to make a habit of using it. It can be an easy way to make physical activity part of your day. They may also offer other fitness program opportunities or discounts. Check with your employer.

DO ENOUGH...

STRETCHING AND BUILDING YOUR MUSCLES:

Sit-ups	Martial Arts
Stretching	Pull-ups
Lifting free weights	Yoga
Strength training	Push-ups

DO MORE...

MAKING YOUR HEART WORK HARDER:

Hiking	Playing tennis
Dancing	Jumping rope
Skiping	Skateboarding
Swimming	Playing basketball
Playing soccer	Running/Jogging
Gardening/Yard work	
Playing baseball or softball	

DO LESS... SITTING AROUND:

Playing on the computer
Watching the television
Playing electronic games
Talking on the phone
Sitting still for hours



Encouraging Your Child to Be Active

Children need at least 60 minutes of active play every day. Physically active children are healthier, happier, and better able to succeed in school. Your children depend on you to give them every chance to be active.

Turn off the TV!

- Children who watch too much television are more likely to be inactive and overweight. They do not spend as much time running, jumping, and getting the exercise they need. They also see many commercials for unhealthy foods, such as candy and sugary cereals. For this and other reasons, **the American Academy of Pediatrics recommends only 1-2 hours of TV a day for children**, and no TV at all for kids under age 2.
- Give children something else to do besides watch TV—see pages 56-61 for clubs, sports teams, or summer camps your child could join.

Walk!

- Make walking a family custom. Take daily walks. Even young toddlers should get out and be on their feet as much as possible. Take a stroller for the little ones, but give them a chance to walk at least part of the way.

Fitness

Fitness centers offer the chance to get quick, effective, fun workouts that can fit into your day. Instruction is given on how to use strength-training equipment and exercise machines. Call for fees and times. Most gyms have a free pass available so you can try it out before you pay! Here are a few Centers in Waukesha County. Check your local phone directory for a complete listing.

Anytime Fitness

www.anytimefitness.com

Check website to locate sites throughout Waukesha County

Princeton Club

www.princetonclub.net

Print a complimentary one week membership from their website.

14999 W Beloit Rd., New Berlin **(414) 427-1100**

Snap

www.snapfitness.com

Check website to locate sites throughout Waukesha County

Westwood

(262) 650-8000

www.westwoodfitness.org

2900 Golf Rd, Pewaukee



Social Dance

Dancing is a great way to get exercise. Here are a few places to check for classes on "fine tuning" your steps. Check your local phone directory for a complete listing.

Your local Park & Recreation Department may offer inexpensive dance lessons.



Fred Astaire Studios are located in Brookfield, Menomonee Falls, Pewaukee, Wales and Milwaukee. Visit the website to learn more about the dance instruction available. **www.fredastairewisconsin.com**

A Social Life Dance Center 210 E Capital Drive, Hartland
(262) 367-8700 www.sociallifedancecenter.com

Group or private lessons are available, call for information on hours and cost of lessons. All the social dances are taught.

Square Dance

Square dancing is terrific active fun. Local square dance clubs give square dance lessons on "beginner's nights." Partners not required. Contact a club for more information. Check

www.celticgraphics.com/boardhouse/squaredance for an up-to-date listing.



Spring City Squares

Trinity Lutheran Church, 1052 Whiterock Ave,
Waukesha **(262) 547-5350**

Hartland Hoedowners

Brandybrook Community Center,
S11 W29980 Summit Ave (Hwy 18) Wales

- Go someplace fun! Walk with your children to a friend's house, park or playground. For a change of scenery, find a new playground or park in another neighborhood. Walk to the local library for children's story hours. Walk to a Farmers Market on Saturdays. See pages 23-33 for locations of playgrounds, parks and other fun walking destinations.

Play!

- Play in your backyard, at the park, or on school grounds. Enjoy family games of tag, hide-and-go-seek, badminton, tetherball, or volleyball. Let the kids know that games are about having fun, not about winning.
- Give your children toys that encourage physical activity, such as balls, jump ropes, sidewalk chalk, kites, hoola hoops, foot bags, tri-cycles, bikes, dance CDs, scooters, skates, and Frisbees.
- Celebrate with physical activity. For birthdays and other celebrations, do something physically active instead of the usual ice cream or fast-food outing. Go apple-picking, swimming, canoeing, fishing, bowling, hiking, or horseback riding. (See pages 62-65 for "Active Family Outings.")
- Be a role model to your children. If you enjoy physical activity, they will too.



Websites to Get You Moving

Tracking Your Physical Activity

The following websites offer you interactive tools to help you set physical activity goals, track your progress, and stay motivated along the way:

Physical Activity Tracker, My Weight Manager, Goal Setting and other interactive tools

U.S. Department of Agriculture
www.ChooseMyPlate.gov

Shape Up America **www.shapeup.org**

Physical Activity Basics

Centers for Disease Control and Prevention
www.cdc.gov/physicalactivity/basics

Learn the Facts, Eat Healthy, Get Active, Take Action **www.letsmove.gov**

Getting More Information

These sites should answer most of your questions about physical activity:

Center for Disease Control's Physical Activity Page
www.cdc.gov/nccdphp/dnpa/physical

Wisconsin Health & Family Services
Nutrition and Physical Activity Page
dhfs.wisconsin.gov/health/physical-activity/consumer.htm

Park and Recreation Programs

Call your local park and recreation dept. for adult and youth offerings which may include aerobics, tennis, dance, swimming, sand volleyball, ice skating, baseball, scuba diving or golf. Fees vary. A few are listed below:

City of Waukesha Recreation Programs

1900 Aviation Dr, Waukesha
www.ci.waukesha.wi.us/parks
(262) 522-9356

Pewaukee Recreation Programs

W240 N3065 Pewaukee Rd, Pewaukee
www.cityofpewaukee.us
(262) 691-7275

New Berlin Recreation Programs

3805 S Casper Dr, New Berlin
www.newberlin.org
(262) 797-2443

Mukwonago Recreation Department

W320 S8315 Beulah Rd, Mukwonago
www.townofmukwonago.us/departments/parks-recreation
(262) 363-4555

Sussex Recreation Programs

www.villagesussex.org
(262) 246-6447

Oconomowoc Recreation Programs

www.oconomowoc-wi.gov
(262) 569-2199 or (262) 569-6864

Menomonee Falls Recreation Department

W152 N8645 Margaret Rd, Menomonee Falls
www.fallsrec.org **(262) 255-8460**

Take a class

How long has it been since you learned a new sport or a new way of being active? Part of the joy of living is learning how to do new things! When you discover an activity you love, whether it's yoga or step aerobics or weightlifting, you stop thinking of exercise as a chore. You look forward to lacing up your athletic shoes, because it's your time to play!



Check out your local YMCA for classes in yoga, karate, pilates, tennis, dance, swimming, weight lifting, step aerobics, body sculpting, tai chi, even kick-boxing or martial arts. Fees vary. YMCA programs are great for parents, because they offer childcare. Find a YMCA near you online!

www.ymca.net

Waukesha Family YMCA,
320 E Broadway, Waukesha
(262) 542-2557
www.waukeshaymca.org

YMCA at the Pabst Farms Inc.,
1750 Valley Road, Oconomowoc
(262) 567-7251
www.ymcaatpabstfarms.org

Tri-County Branch YMCA
N84 W17501 Menomonee Avenue
Menomonee Falls
(262) 255-9622 **www.ymcamke.org**

Particularly for Women

Strong Women

www.strongwomen.com

This site emphasizes the importance of strength training for women to achieve fitness, bone health, and weight maintenance.

Go Red for Women

www.goredforwomen.org/home/live-healthy/

Tips for heart-healthy exercise, managing stress, and choosing healthy foods.

Being Active at Any Size

WIN, the Weight-Control Information Network

win.niddk.nih.gov

Go to the publications menu to print "Active at Any Size," a guide for exercising safely when you are overweight.

For Kids and Parents

Kidnetic International Food Information Council

www.Kidnetic.com

Online computer games that actually encourage children to get on their feet and move!

BAM! Mind and Body™

www.bam.gov

This CDC (Centers for Disease Control) website helps kids 9–13 years old set fitness goals—using kid-friendly lingo, games, quizzes, animation and other interactive features.

Is weight getting in your way?

Getting active can be hard if you are carrying excess weight. If you or other family members are overweight, you are not alone! According to recent surveys, **over 55% of the adults in Waukesha County are overweight or obese.**

Physical activity can help you lose weight by burning calories, boosting your metabolism, and curbing your appetite. However, the most effective weight loss plans combine physical activity with healthy eating. Here are some great ways to cope with your weight issues:

1. Read a Good Nutrition Book

Many books are available through your local library – check it out! Or purchase from used book stores & other booksellers. Also, The Academy of Nutrition and Dietetics has a “Good Nutrition Reading List” which is always being updated. It is available at <http://www.nationalnutritionmonth.org/gnrl/#.VYsZcPIVhHw>



Waukesha Janboree

Join in on this three-day (weekend) Winter Celebration!

Held annually in the month of January.

Activities for all ages.

Events held at various locations in and around Waukesha

Visit the Janboree website for more info.

www.janboree.org

(262) 524-3737

Snowshoeing Like cross-country skiing, snow-shoeing takes you into the woods and parks to enjoy the beauty of a snowy day. It burns enough

calories to keep you feeling toasty in freezing weather. Best of all, it requires no skill or experience! Snow shoes cost \$100-\$250, but many ski shops will rent them to you for \$15-\$20 so that you can try them out for a day. Snowshoe rentals are also available at Retzer Nature Center, call for prices.

(262) 896-8007

Snowshoeing is easiest on packed snow, such as the kind found on the cross-country ski trails listed on page 49.



Curling Curling is a winter sport that has been gaining popularity. It involves using brooms to move rocks across ice...no, really!



Kettle Moraine Curling Club

for ages 8—100

2630 Oakwood Rd, Hartland

(262) 367-8862

Cross-Country Skiing

Cross-country skiing works both your arms and legs and generates lots of body heat! It's also a pleasant and peaceful way to enjoy a snowy day on a nature trail. Cross-country skiing is easier to master and less dangerous than downhill skiing.

A pair of cross-country skis and boots may cost you \$150 at a ski shop. However, sometimes you can find second-hand skis advertised for sale in the newspaper, or at rummage sales.

Check www.anythingwisconsin.com/secctrails.htm for trails around southeastern Wisconsin.

Cross-Country Ski Trails

Lapham Peak State Park,
W329N846 County Hwy C, Delafield
Trails total nearly 17 miles.

Menomonee Park, W220 N7884 Town Line Rd,
Menomonee Falls, Three loops totaling 4.5 miles

Minooka Park, 1927 E Sunset Dr, Waukesha
Three loops totaling 6 miles

Nashotah Park, W330 N5113 County Hwy C, Nashotah
Three loops totaling 6 miles

Old World Wisconsin, W372 S9727 Hwy 67, Eagle
Trails total over 8 miles.

Retzer Nature Center, S14 W28167 Madison St, Waukesha
Trail is 1.75 miles.

Here are some more suggestions for good reading.

Keeping Kids Fit: A Family Plan for Raising Active, Healthy Children

by Len Saunders
LaChance Publishing LLC, 2010

Intuitive Eating by Evelyn Tribole
St Martin's Press, 2003

Feed Your Family Right by Elisa Zied MS, RD, CDN
Wiley, John & Sons Inc, 2007

Eat Right When Time is Tight by Patricia Bannan MS, RD
Norlights Press, 2010

Secrets of Feeding a Healthy Family by Ellyn Satter
Kelcy Press, 2006

The Volumetrics Eating Plan: Techniques and Recipes for Feeling Full on Fewer Calories by Barbara Rolls
HarperCollins Publishers, 2007

Mindless Eating: Why We Eat More Than We Think
by Brian Wansink
Random House Publishing Group, 2010

The Small Change Diet by Keri Gans MS, RD, CDN
Gallery Books, 2011

Nutrition At Your Fingertips by Elisa Zied MS, RD, CDN
Penguin Group (USA), 2009

No Whine with Dinner by Liz Weiss & Janis Newell Bissex
Cookbook Marketplace, 2011



2. Get Dietetic Counseling

If you or your child is overweight, you may need individual dietetic counseling from a registered dietitian—an “R.D.” This is especially true if your family has other health concerns, such as diabetes, high blood pressure, high cholesterol levels, or a history of heart disease. Many insurance plans cover the cost of dietetic counseling. Ask your doctor for a referral to a dietitian. Or call a dietitian to find out what counseling services are available. Here are a few of the Hospitals in Waukesha County with dietitians practicing in nutrition services:

Waukesha Memorial Hospital

725 American Ave, Waukesha

Outpatient Dietitians in areas of Diabetes, Heart Care, and Weight Loss **(262) 928-1000**

Elmbrook Memorial Hospital

19333 West North Ave, Brookfield

Nutrition Helpline **(262) 687-2887**

Community Memorial Hospital

W180 N8085 Town Hall Rd, Menomonee Falls

Careconnection a free healthcare hotline

call regarding common medical questions and get next-step advice.

(800) 246-8332 or (262) 251-1001

Rogers Memorial Hospital

34700 Valley Rd, Oconomowoc

(800) 767-4411 www.rogershospital.org

Specializing in eating disorders

For nutrition information and to find other dietitians practicing in the Waukesha County area, search the American Dietetic Association’s website www.eatright.org and choose the link

Ice Skating and Ice Hockey

Ice skating improves your balance and your muscle endurance, but mainly it’s just a lot of fun to go gliding on ice. If you give your children the gift of skating lessons, they will have a skill they can enjoy for a lifetime.



Eble Ice Arena

19400 W Bluemound Rd, Brookfield

Info Line/fax (262) 784-5155

Office (262) 784-7512

www.waukeshacountyparks.com

Admission charged, skate rental available

Naga-Waukee Park Ice Arena

2946 Golf Rd, Delafield

Info Line (262) 646-7071

Office (262) 646-7072

www.waukeshacountyparks.com

Admission charged, skate rental available

Ponds of Brookfield Ice Arena

2810 N Calhoun Rd, Brookfield **(262) 786-7663**

Howard G. Mullett Ice Center Ice Skating Rink

Formerly named Arrowhead Mullet Ice Center

700 North Ave, Hartland **(262) 369-3600**



Outdoor Ice Skating

When it gets cold enough, snow is cleared in these parks for ice skating. If you have your own ice skates, the skating is free!

Buchner Park 231 Oakland Ave, Waukesha

Lowell Park 2201 Michigan Ave, Waukesha



Active Winter Fun

Being active in winter can help you beat the cold-weather blues. When the temperature dips and the snow falls, think of it as a chance to build snowmen, have snowball fights, and go sledding, skating, skiing or snowshoeing.

Retzer Nature Center

offers many opportunities for winter fun!

S14 W28167 Madison St, Waukesha **(262) 896-8007**

www.waukeshacountyparks.com

Sledding

Sledding is fun at any age! All you need is a sled, which can be bought cheaply at a toy store or a garage sale. There are some choice hills for sledding in Waukesha County:



Menomonee Park, W220 N7884 Town Line Rd,
Menomonee Falls

Minooka Park, 1927 E Sunset Dr, Waukesha

Mukwonago Park, W325 S9945 Beulah Rd,
County Hwy LO, Mukwonago

Nashotah Park, W330 N5113 Hwy C, Nashotah

For more info. about the above parks (& other Waukesha County Parks) visit www.waukeshacountyparks.com
Or call the County Parks info. line: **(262) 548-7800**

Lowell Park, 2201 Michigan Ave, Waukesha
This city park has a 350 foot toboggan run.
Call for hours of operation, Waukesha City Parks
info. line at **(262) 522-9356** or visit
www.ci.waukesha.wi.us/parks

Nutrition Education and Support For Young Families on a Budget

If you are pregnant or the parent of a child younger than 5 years old and are getting by on a limited income, you can receive free dietetic support and counseling from the WIC Program, and nutrition education from UW-Extension.

Waukesha County WIC Program Waukesha County Public Health

514 Riverview Avenue, Waukesha

(262) 896-8440

Waukesha County Public Health employs registered dietitians to provide individual counseling to parents of young children enrolled in the WIC Program. A dietitian can answer parents' questions, for example, about low-fat eating for adults or appropriate portions for children. Call to make an appointment to enroll.

UW-Extension Nutrition Education Program

Waukesha County UW-Extension

515 W Moreland Blvd

Administration Center Rm G22, Waukesha

(262) 548-7877

Nutrition Educators visit parents in their homes to teach a non-credit course in family nutrition. Extension educators have been trained by registered dietitians to offer parents individualized lessons in planning and cooking healthy low-cost meals and in setting physical activity goals. Call to enroll.

3. Get Support

Many people find it easier to develop new exercise and diet habits if they join a group of other people who are focused on the same goals. Here are some sources of support in Waukesha County:

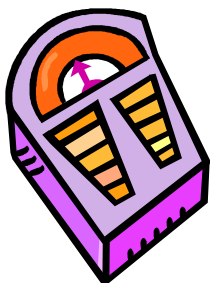
OA (Overeaters Anonymous)

Overeaters Anonymous is a fellowship of individuals sharing experiences, strength and hope, to recover from compulsive overeating. There are no dues, but free will donations are welcome. To find out more, visit www.aa.org

TOPS (Take Off Pounds Sensibly)

TOPS is a non-profit weight-loss support organization that seeks to offer "a supportive approach to weight control at a sensible price." TOPS weekly meetings offer private weigh-ins and positive reinforcement to help members stick with their food and exercise plans.

There are 10 TOPS chapters in the Waukesha County area. Visit www.tops.org to locate the chapter nearest you.



Active Videos & CDs

Whether you borrow from the library or purchase Videos, CDs or DVDs why not get ones that will get everyone moving?

The following are currently available from the Waukesha Public Library www.waukesha.lib.wi.us

Discover tai chi for balance and mobility

(videorecording), BayView Fitness, 2010

Denise Austin a number of different workout videos that include Pilates, tummy toning, fat burner and cardio

Billy's bootcamp – Get Started (videorecording)

Gaiam Media, 2006 A number of other workout videos available under "Billy's bootcamp".

Especially for the Kids:

Laughter Friends: A laughter yoga workout for kids

(videorecording), Red Letter Media, 2007

Kideosyncrasy Vol 1, Getting the world in shape one kid at a time

(videorecording) Kideosyncrasy, 2003

Fitness fun for kids (sound recording)

Kimbo Educational, 2005

Activity songs & games: learning fun for preschoolers (sound recording)

Kimbo Educational, 2010



Another source of music CDs for kids that promote music, learning and activity such as **Veggie Power!** and **Smart Fruit & Veggie Songs** is Produce for Better Health at www.pbhcatalog.org



Get Active in Your Living Room

If you're short on time and money, and it's too cold, hot or rainy to take a walk outside, you can create your own private aerobics class in your living room with a "workout" video or DVD. All you need is a TV, a VCR or DVD player, a small area of wood or carpeted floor, and a pair of gym shoes.

Borrow a few exercise videos from your local library and preview them: Do you like the instructor's style and personality? Do you like the music? Does the video explain how to perform each exercise safely? Does it include a warm-up, stretching session and cool-down? Can you imagine yourself doing the exercises on a regular basis? You may have to preview three or four exercise videos to find one you would buy to use.

To get an idea of what videos may be available; one place to read the reviews is at **www.videofitness.com** Set a "doable" goal with your workout video: If doing every exercise in a 30-minute session seems exhausting, start by doing only the first 10 minutes of the tape three times a week. Then set goals to exercise longer as you get stronger. The important thing is to make your exercise video time a regular part of your routine.

Weight Watchers International

Weight Watchers International is a company that provides weight loss services, including weekly support meetings. The meetings include confidential weigh-ins, and discussions on how to enjoy healthy eating and exercise, using Weight-Watchers program materials.

In Waukesha County

Weight Watchers meetings are held in Waukesha, Pewaukee, Brookfield, Hartland, New Berlin, Mukwonago, Dousman, and Muskego. For meeting times and dates call **(800) 651-6000** or visit **www.weightwatchers.com** for more information.

Questions? Call your Extension Office

If you have specific questions about nutrition and physical activity, contact the Waukesha County UW Cooperative Extension Services office to speak with a Nutrition Educator. Extension educators do not provide individual dietetic counseling, but they are available to answer questions, provide referrals, and give presentations on nutrition for community organizations. Serving low-income residents.

Nutrition Education Program
Waukesha County UW-Extension
515 W. Moreland Blvd.
Administration Center Rm. G22
Waukesha 53188
(262) 548-7877



Too tired? Here's how to get the energy to be active:

Have breakfast.

Your body needs to recharge after a long night without food. Fasting too long between meals causes fatigue. Breakfast is a great investment in your day.

Drink water.

Many people feel tired when they are dehydrated. Be sure to drink enough water to make your urine pale yellow or almost clear. Carry water with you when you exercise. Drink water throughout the day. Water quenches thirst better than soda or coffee.

Get outside.

Sunlight can wake you up and get you moving. You should get at least 10 minutes of sunshine everyday for your daily dose of vitamin D. While you're outside, take deep, refreshing breaths. Deep breathing can also relieve stress and fatigue.

Get enough sleep.

According to the National Heart, Blood and Lung Institute, most people need about eight hours of sleep a night to feel refreshed and alert. Make sleep a priority for you and your children. Get to

Swimming Year-round

If you'd like to make swimming part of your year-round fitness plan, you can join the YMCA or an athletic club.

(The "Y" is a not-for-profit, charitable association of members. No one is turned away due to the inability to pay.) If lap swimming doesn't interest you, you can sign up for a water aerobics class.



Menomonee Falls Recreation Department

(262) 255-8460 www.fallsrec.org

North Junior High; N88 W16750 Garfield Dr,
Menomonee Falls

Lake Country Community Swim

(262) 367-7657

Arrowhead High School
North Campus, 800 North Ave, Hartland

YMCA at the Pabst Farms Inc.

(262) 567-7251 www.ymcaatpabstfarms.org

1750 E. Valley Rd, Oconomowoc

Waukesha Family YMCA

(262) 542-2557 www.waukeshaymca.org

320 E Broadway, Waukesha

Tri-County Branch YMCA

(262) 255-9622 www.ymcamke.org

N84 W17501 Menomonee Avenue,
Menomonee Falls



**Going out for a swim
can be fun for the whole family!**



Get in the Swim

Since it's a no-impact sport, swimming is a great physical activity for you if you are pregnant, overweight, or have joint pain. You can burn energy without sweating, and the water can soothe and relax you. In the summer, there are plenty of places to swim in Waukesha County. Reasonable Daily rates and Seasonal passes are available.

www.ci.waukesha.wi.us/parks

Call for hours and rates:

Buchner Park Pool, (262) 524-3726

223 Oakland Ave, Waukesha

Horeb Springs Aquatic Center,

(262) 524-3737

Horeb Park 330 Spring St , Waukesha

Beach Hours: Monday-Friday 11:00 am-7:00 pm;
Weekends and Holidays 10:00 am-7:00 pm

Menomonee Park, (262) 255-1310

W220 N7884 Town Line Rd, Menomonee Falls

Minooka Park, (262) 896-8006

1927 E Sunset Dr, Waukesha

Fox Brook Park, (262) 783-3425

2925 N Barker Rd, Brookfield

Mukwonago Park, (262) 363-7658

Hwy LO, Mukwonago

Naga-Waukee Park, (262) 646-3555

651 Hwy 83, Hartland

Muskego Park, (262) 679-0310

S83 W20370 Janesville Rd, Muskego

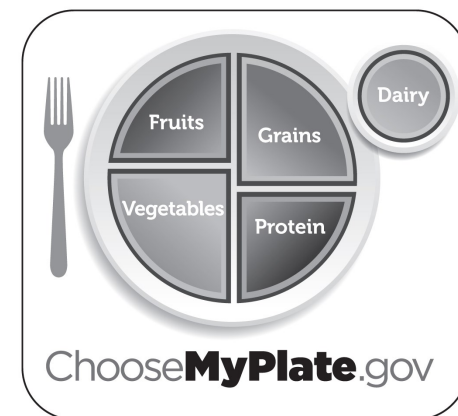
bed at the same hour most nights. Avoid habits that can rob you of sleep, such as having heavy meals, caffeinated beverages or alcohol close to bedtime.

Eat right.

A body can't be active without the right fuel. To feel their best, most people need to eat the following foods every day:

- At least 3 ounces of whole-grain bread, cereal, pasta or rice
- 2-1/2 to 3 cups of vegetables
- 2 cups of fruit
- 3 cups of low-fat milk or yogurt
- 5 to 6 ounces of lean meat or beans

For more information on
good nutrition
visit **www.ChooseMyPlate.gov**



Play it Safe

Before beginning any regular physical activity program, check with your doctor if you...

- Have heart trouble, high blood pressure, or joint pain;
- Feel severe breathlessness or pains in your chest or left side when you exercise;
- Often feel faint or have dizzy spells; or
- Are over 50 years old and are not used to a lot of physical activity.

When you walk, hike, skate or bike outdoors...

- Plan your activity in the daytime or at night in well-lighted areas.
- Do not wear jewelry or carry a purse.
- Do not wear headphones.
- Be aware of your surroundings.
- Tell someone where you are going and when you will return.
- Carry a cell phone if you have one.

Be prepared...

- Bring a bottle of water, to prevent dehydration.
- For sun protection in the summer, use a sunscreen with SPF 15 or greater.
- Wear shoes with thick flexible soles that will cushion your feet and absorb shock.
- Wear clothes that will keep you dry and comfortable.
- For extra warmth in winter, wear a knit cap. To stay cool in summer, wear a baseball cap or visor.
- Do light stretching for 3-5 minutes before and after you exercise. This will help prevent sprains and other injuries.

Gardening for Young Families on a Tight Budget

FoodShare Wisconsin

The FoodShare Program helps families who have little money buy vegetable seeds and plants as well as food. If your family qualifies for the WIC Program, you may already qualify for FoodShare, under new state guidelines.

go to access.wisconsin.gov for more information



Farmer's Markets

www.farmfreshatlas.org/southeast

Village of Brookfield Farmer's Market

18725 Hoffman Ave.

Brookfield Farmer's Market 2000 N. Calhoun Rd.

Butler Farmer's Market 12700 West Hampton Ave.

Delafield Farmer's Market Parking lot next to Delafield Chamber of Commerce/Tourism, 421 Main Street

Dousman Farmer's Market Highways 18&67, St. Mary's

Menomonee Falls Farmer's Market

Main St one block west of Appleton Avenue

Muskego Green Market Muskego Public Library

Mukwonago Farmer's Market Field Park, 933 North Rochester St.

New Berlin Farmer's Market New Berlin Plaza, 16300 W National Ave.

Oconomowoc Farmer's Market South municipal parking lot, downtown Oconomowoc

Pewaukee Farmer's Market Spring Creek Church N35 W22000 Capitol Dr.

Waukesha Farmer's Market River Front Plaza along the Fox River. Between Barstow and Broadway

Rent a Garden Plot

Waukesha County Community Garden

If you want to grow vegetables but you do not have the space to do it? Why not rent a plot? Waukesha County has plots available to rent but they go fast! The plots are located on Northview Rd. (west of Expo Center). For an application or more information call UW-Extension (262)548-7770 or visit waukeshacounty.gov/uwex/hort/communitygardens

Become a Master Gardener

Waukesha County teams up with Milwaukee County to provide education, training, and volunteer opportunities for those who want to become a Master Gardener. Master Gardeners volunteer time to gardening opportunities and projects in return for receiving horticultural training. For general information, contact UW-Extension Office at (262) 548-7770 or visit waukeshacounty.gov/uwex

Waukesha County Parks

Volunteer opportunities (262) 548-7800

There are many volunteer opportunities throughout the park system, from seasonal special events, like Apple Harvest Festival and Spooka Minooka to Natural Landscaping and Trail Management. There is something for everyone!

Active Fun!

Take a Walk



As a physical activity, walking is hard to beat: It's free. It requires no special skills. And most people of any age can do it. It's an activity a family can easily do together. But it's also a great thing to do when you need time by yourself. On pages 23-33, you'll find some fine places to take a walk in Waukesha County.

Walking to Get Fit

- Walk with your chin up and your shoulders held slightly back.
- Walk so that the heel of your foot touches the ground first. Roll your weight forward.
- Walk with your toes pointed forward.
- Swing your arms as you walk.
- Think of your walk in three parts. Walk slowly for 5 minutes. Increase your speed for the next 5 minutes.
- Finally, to cool down, walk slowly again for 5 minutes.
- Try to walk at least three times per week. Add 2 to 3 minutes per week to the fast walk. If you walk less than three times per week, increase the fast walk more slowly.
- To avoid sore muscles, *start gradually*. Over several weeks, begin walking faster, going further, and walking for longer periods of time.

The more you walk, the better you will feel. For more information about walking, go to **<http://walking.about.com>** or visit your local library.

Walk to the Playground

If you have small children, you may want to walk to a neighborhood park or play lot that has play equipment. Once you're there, don't just watch your kids play at the playground—play with them! Push the swing, run beside the merry-go-round, and climb the monkey bars!

Vary your playground routine: Bring a bottle of soap bubbles to the park and chase the bubbles with your toddler. Bring a jump rope and teach your child how to use it. Take along a pack of sidewalk chalk and play hopscotch. There are dozens of simple outdoor games kids can play that require little or no equipment. If you can't recall how to play these games from your own childhood, check out a book on kids' games from your local library.

Neighborhood Parks or Playgrounds in the City of Waukesha

There are over 30 parks both large and small within the City of Waukesha. Call the Waukesha City Parks info. line at **(262) 522-9356** or visit **www.ci.waukesha.wi.us/parks** for a complete listing. Here are some popular parks you and your family may enjoy.

Buchner Park, 231 Oakland Ave

Cutler Park, 321 Wisconsin Ave

Frame Park, 701 E Moreland Blvd

Horeb Springs Park, 330 Spring St

Banting Park, 2101 Butler Drive

Bethesda Park, 560 Dunbar Ave

David's Park, 113 E. Garfield

Lowell Park, 2201 Michigan Ave

Pebble Valley Park, 2565 Pebble Valley Rd

Roberta Park, 240 Coolidge Ave

Waukesha Springs Park, 700 N Hartwell Ave

Phoneix Heights, The Strand & Lombardi Drive

Sentinel Park, Sentinel Drive



Grow a Garden!

Gardening is a great way to get active! You use lots of muscles when you dig, hoe, weed and cut. An hour of gardening can burn as many calories as an hour of jogging. Simply spending time with plants can reduce stress, lower blood pressure, and relieve muscle tension.

And gardening rewards you for your work with beautiful flowers, fragrant herbs and fresh, delicious vegetables! Vegetable gardening can help you cut your grocery bill while improving your family's health.

Gardening is a wonderful activity for children, too. Gardening teaches kids about life science and a whole lot more: Children who garden also learn responsibility when they take care of flowers or vegetables. They gain self-esteem when they see how their own efforts can produce food or flowers for their family.

Gardening doesn't have to be expensive and you don't have to own a big yard to do it. All you need is a square foot of ground, some seeds, a trowel, a spade, and a water bucket. Your local library has dozens of gardening books and videos to give you tips and get you going.

Get Outdoors and Clean Up!

Want to get active, enjoy the outdoors, and save the environment at the same time? You can get a good, useful workout by joining a conservation and clean-up crew. Here are volunteer groups who have fun picking up litter, grooming trails, and clearing woody brush and weeds:

Retzer Nature Center

(262) 896-8007 www.waukeshacountyparks.com

At the Retzer Nature Center one of their goals is education. Volunteer opportunities therefore come in the form of teaching. After a brief training period volunteers will lead hikes for school aged groups throughout the center. Topics of education focus on plants, animals and ecology of the park and Wisconsin. There is no deadline for registration so sign up now!

Sierra Club

Great Waters (The Greater Milwaukee area)
Great Waters is the John Muir Chapter of Wisconsin for the areas of Milwaukee, Ozaukee, Washington, and Waukesha Counties. If you want to get involved in the conservation of our natural resources you can volunteer with the Sierra Club. Membership fees for a year can be as low as \$25. Or visit their website **www.wisconsin.sierraclub.org**

The Milwaukee Audubon Society

Contact: (414) 352-2437 "The mission of the Milwaukee Audubon Society is to protect and restore Wisconsin's natural heritage through education, advocacy and stewardship" **www.milwaukeeaudubon.org**

Urban Ecology Center

Contact: (414) 964-8505

Riverside Park, 1500 E Park Place, Milwaukee, WI. 53211
The Urban Ecology Center's outdoor laboratory consists of 12 acres of wooded land on the east bank of the Milwaukee River. There they have live animals, informational exhibits, and resource material about the Center and surrounding area. There are many volunteer opportunities available.

www.urbanecologycenter.org

Neighborhood Parks in Muskego

www.ci.muskego.wi.us

Bluhm Farm Park, S77 W13607 McShane Dr, near Durham Dr & Woods Rd

Denoon Park, W216 S10798 Crowbar Rd, near Kelsey Dr & Racine Ave

Horn Field, S79 W18200 Horn Park Dr, near Racine Ave

Idle Isle Park, W182 S6666 Hardtke Dr, near Martin Dr & College Ave

Jensen Park, W185 S6599 Agate Dr, near Martin & College Ave

Kurth Park, S70 W14415 Belmont Dr, off of Durham Dr

Lion's Park, S77 W18950 Lions Park Dr, near Janesville Rd

Manchester Hill Park, W167 S7650 Parkland Dr, off of Janesville Rd

Schmidt Park, S67 W13660 Fleetwood Dr, off of Janesville Rd

Neighborhood Parks in Mukwonago

www.townofmukwonago.us/Parks.htm

Town Park, Hwy EE and Beulah Rd

Lauren Park, Hwy EE west of Hwy I

Oak Ridge Park, south of Sugden Rd on Oak Ridge Dr

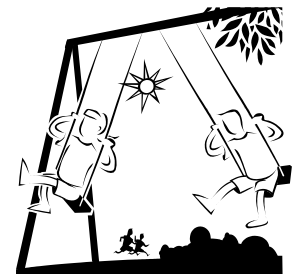
Neighborhood Parks in Oconomowoc

<http://www.oconomowoc-wi.gov>

Fowler Park, off of N Oakwood Ave

Riverside Park, 675 Cherry St

Roosevelt Park, 630 Main St



Neighborhood Parks or Playgrounds in Menomonee Falls

Menomonee Falls Park Department
www.menomonee-falls.org

Kiwanis Park, Menomonee Ave and Town Hall Rd
Lime Kiln Park, Mill St
Menomonee River Parkway, MacArthur Dr
Mill Pond Plaza, Main St
Municipal Park, Library Lane
Oakwood Park, Dennis Droese Dr
Old Falls Village N96W15791 County Line Rd
Rivers Edge Park east of Lilly Rd and South of
Fond du Lac Ave off Parkview Dr
Riverside Park NE of the corner of Pilgrim Rd and
Menomonee River Parkway
Rotary Park, N85 W14199 Fond Du Lac Ave
Taylor Park, W164 N8801 Mill St
Village Park, Garfield Dr

Neighborhood Parks or Playgrounds in Pewaukee
www.cityofpewaukee.us

Balmer Park, N44 W23875 Lindsay Rd
Nettesheim Park, N26 W27495 Prospect Ave
South Park, N5 W27300 Northview Rd
Springdale Park, W226 N2400 Oakwood Lane
Wagner Park, N23 W23320 Green Rd
Lakefront Park, 222 W Wisconsin Ave
Liberty Park, Concord St (Willow Grove Subdivision)
Opie Park, West St & Capitol
Peffer Park, Main St
Simmons Woods Park, Off of Cecilla Dr
Valley Forge Park, Morris St (Valley Forge Subdivision)
Village Park, 325 Capitol Dr

Bike Clubs and Events

Spring City Spinners

www.springcityspinners.org

A recreational Cycling club based in Waukesha. Membership fee charged. This group gets together for weekly rides in the non-winter months. Visit the website to become a member and view upcoming events!

Bicycle Federation of Wisconsin (BFW)

www.bfw.org

The Bicycle Federation of Wisconsin is an education and advocacy group dedicated to making Wisconsin a better place to bicycle. The BFW provides biking maps, calendars of organized bike rides and information about bike safety and commuter biking.

WORS (Wisconsin Off Road Series)

Visit **www.wors.org** to find a race near you!

If you are a serious biker or just out for some adventurous trail riding then you may want to try WORS. This organization plans races on Sundays throughout the summer. You can enter at any level from citizen to elite. There are also races for youth! Events take place at state parks throughout Wisconsin.

Cream City Cycle Club

the Bicycle Club for Metro Milwaukee

See **www.creamcitycycleclub.com** for more information. For beginners to experienced. Featuring rides of different lengths every weekend plus occasional special rides. April – November. Helmets Required. General meetings held the last Tuesday of the month at Greenfield park pavilion at 7 pm. **(414) 367-9191**

Waukesha County Bike Trails

Bike Trail	Miles/Type	Access	Features
New Berlin Recreation Trail, New Berlin	7 miles, paved	S 124 th St at Milw Co line to Springdale Rd, Waukesha	Easy, rolling trail
Lake Country Trail	8 miles, crushed limestone	Golf Rd, north of I-94, Pewaukee	Scenic, rolling
Bugline Trail	12 miles, crushed limestone	Appleton Ave, Menomonee Falls to Main St, Merton	Scenic, suburban and rural
Muskego-Franklin Recreation Trail	7 miles, crushed limestone	Near North Cape Rd, west to Hilendale Dr, Muskego	Low grade and scenic
Fox River Trail	6 miles, paved	Frame Park south to Fox River Park, Waukesha	Follows the Fox River
Ice Age Trail	40+ miles segment	West Waukesha Co. www.iceagetrail.org	National & State scenic trail
Glacial Drumlin Trail	52 miles, paved & crushed limestone	Waukesha, Fox River Sanctuary to Cottage Grove, Dane Co.	Very scenic

Neighborhood Parks in Sussex www.village.sussex.wi.us/Parks.php

Armory Park, South Maple Ave
Coldwater Creek, Woodside Rd
Grogan Park, Grogan Drive
Weyer Park, Main St, behind Village Hall and library
Prides Crossing, Prides Rd
Madeline Park, Waukesha Ave & Elm
Mapleway Park, Maple Ave
Spring Green Park, Clover Drive
Old Brooke Square, Main St & Silver Spring Drive
Ridgeview Park, Woodside Rd
Stonewood Estates Park, Stonefield Drive
Sussex Village Park, Weaver Drive, behind Fire Department



Neighborhood Parks in New Berlin www.newberlin.org

Biwer Park, 13200 West Crawford
Buena Park, 1700 S 165th St
Calhoun Park, 5400 S Calhoun Rd
Gatewood Park, 14201 W Kostner Lane
Hickory Grove Center, 2600 S Sunny Slope Rd
High Grove Park, 13405 W Eagle Trace
Historic Park, 19885 W National Ave
Kelly Lake Park, 5780 S Frances Ave
Lions Park, 14900 W Overland Trail
Malone Park, 16400 W Al Stigler Pkwy
Maple Ridge Park, 13200 W Maple Ridge Rd
ProHealth Care Park, 2950 S Sunny Slope Rd
Regal Park, 4395 S Regal Dr
Valley View Park, 5051 S Sunny Slope Rd
Weatherstone Park, Wilshire and Linfield

Walk in the Park

If you want a place where you can really stretch your legs, go on a nature hike, throw a Frisbee, fly a kite, or have a picnic, check out a community or county park! Listed here are just some of the many local parks where you can hike, picnic, or go to the beach. See how many parks you can visit in a year.



Waukesha County Area

Nashotah Park

W330 N5113 County Hwy C, Nashotah
443-acres located between the communities of Oconomowoc and Hartland. Hiking trails are located around the park. Other recreational opportunities include boating, fishing, picnicking, and cross country skiing.

Menomonee Park

W220 N7884 Town Line Rd, Menomonee Falls
394 acres of maple woods, cattail marsh, wetlands, and a 16-acre quarry lake. Recreational opportunities include swimming, scuba diving, fishing, biking, camping, picnicking, nature hiking, archery, cross-country skiing, and bridle trails for horseback riding.

Naga-Waukee Park

651 Hwy 83, Hartland
416-acres north of I-94 between the shores of Nagawicka Lake and Pewaukee Lake. Recreational Opportunities include swimming, boating, fishing, picnicking, biking, golf, camping and nature hiking.

Bike Trails

The chart on page 37 lists just some of the many great places to bike in Waukesha County.



- A complete **map of all the bike routes in Waukesha County** can be downloaded from the Wisconsin Department of Transportation website: **wisconsin.gov/Pages/travel/bike/bike-maps/** This map is usually available for sale at bike stores.
- Bicycle maps can also be purchased from: **<http://bikeeverywhere.com>** and **www.bfw.org**
- The Wisconsin Department of Tourism offers a free **Wisconsin Biking Guide**, a detailed guide to 44 Wisconsin bike touring trails, on-road routes, and mountain bike trail systems.
(800) 432-8747
www.travelwisconsin.com/maps_guides.aspx
- The Wisconsin Department of Natural Resources offers trail maps and information for bike touring or mountain biking. Maps are downloadable from their website:
<http://dnr.wi.gov/topic/parks/activities/bike.html>
Call Toll Free **(888) 936-7463** for more information.

Bike Safely

The biking rules of the road are the same for children and adults: Ride on the right side, with the traffic. Obey all traffic signs and signal your turns.



- Bikes should have light reflectors. Bikers should wear clothes that make them visible day or night.
- Children should not ride a 2-wheeled bike until they are ready, at about age 5 or 6. Stick with coaster (foot) brakes until your child is older and more experienced for hand brakes.
- Buy your child a bike that is the right size, not one your child has to "grow into." Oversized bikes are especially dangerous.
- Bikers of all ages need to wear a helmet on *every* bike ride, no matter how short or how close to home. Many accidents happen in driveways, on sidewalks, and on bike paths, not just on streets. Your children learn best by observing you—whenever you ride your bike, put on your helmet.
- When purchasing a helmet, look for a label or sticker that says the helmet meets the CPSC safety standard.
- A helmet should be worn so that it is level on the head, not tipped forwards or backwards. The strap should be securely fastened, and you should not be able to move the helmet in any direction. If needed, the helmet's sizing pads can help improve the fit.

Source: American Academy of Pediatrics

For more information visit www.healthychildren.org

Fox Brook Park

2925 North Barker Rd, Brookfield
173-acres located in the city of Brookfield. Recreational Opportunities include swimming, pedal boating, scuba diving, fishing, walking, biking, picnicking, walking, and rollerblading.

Minooka Park

1927 E Sunset Dr, Waukesha
580-acre park located about 2 miles southeast of the City of Waukesha. Recreational Opportunities include swimming, camping, fishing, picnicking, nature hiking, archery, horse back riding, cross-country skiing, and sledding. There is also a special dog exercise area to enjoy with your pet.

Other Waukesha County Parks

Fox River Park

W264 S4500 River Rd, Waukesha
262-acre park located in the town of Waukesha along the Fox River. Recreational Opportunities include walking, biking, rollerblading, picnicking, hiking, fishing, and cross-country skiing.

Muskego Park

S83 W20370 Janesville Rd, Muskego
160-acre park was purchased in 1958 and has many trails throughout. Other Recreational Opportunities include swimming, camping, fishing, picnicking, horse back riding, winter hiking, dog walking, snowshoeing, nature hiking, and building rentals.

Mukwonago Park

County Hwy LO, Mukwonago
222-acre park located 3 miles west of the Village of Mukwonago. Recreational opportunities include swimming, picnicking, fishing, camping, nature hiking, and sledding.

For more info. about Waukesha County Parks visit

www.waukeshacountyparks.com

Or call the County Parks info. line: **(262) 548-7800**

Not to be Missed:

Boerner Botanical Gardens and Arboretum **www.boernerbotanicalgardens.org**

Boerner Botanical Gardens
9400 Boerner Dr, Hales Corners, WI 53130
(414) 525-5600
Admission fee charged.
Hours: Formal Gardens, May through October 8am to Sunset. The Botanical Gardens and Arboretum cover 1120 acres and is home to many breathtaking gardens and educational opportunities.

Mitchell Park Horticultural Conservatory **www.county.milwaukee.gov/MitchellParkConserva10116.htm**

Mitchell Park Horticultural Conservatory "The Domes"
524 S Layton Blvd, Milwaukee, WI 53215
(414) 257-5611 Admission fee charged.
Hours: 9am-5pm (365 days a year)
Experience a variety of climates in one afternoon! In the domes you will get to walk from a desert oasis, a tropical jungle and special floral gardens.



Ride Your Bike

Remember the feeling of freedom you felt when you first learned how to ride a bike? It can still feel that way! Like walking, biking is a fun, easy, affordable way to get active and fit.



If you can ride a bike instead of driving a car to work or to go shopping, you can save money on gas while you get your exercise. And it's good for the environment!

If you prefer to ride your bike purely for pleasure, Waukesha County has miles of scenic country roads and marked bike paths and trails. See pages 36-37 for a list of trails.

Biking can be a fun family activity, too. Children as young as 5 years old can safely ride their two-wheelers on paved paths. Younger children can ride tricycles or sit in bike trailers or safety seats.

If you enjoy companionship on your rides, you can join a bike club and go on group rides on the weekends. See page 38 for bike club information and where to find calendars of biking events.

Biking is usually more strenuous than walking, so you can burn more calories in less time. The more often you bike, the easier it becomes—and the farther you can go!

Walk at the Mall

Is it too hot to walk? Too cold?

Do you think it's not safe to walk in your neighborhood?

Some area malls and schools allow inside walking.

Be sure to call them first.

Brookfield Square Mall

95 N Moorland Rd, Brookfield WI

Regular walkers must register with mall security.

Jogging is not allowed.

Walking distance = .8 miles (around the interior perimeter}

Main phone number: (262) 797-7245

Security office phone number: (262) 501-4191



Strollercize: The workout for new mothers CD/DVD

The anytime, anywhere, any budget Stroller Workout!

This unique program was designed to let new moms get back in shape while spending time with baby. Start with a

power walk with baby in stroller while listening to the CD, then return home for full-body toning with the DVD video.

Three River Press, 2001.

This video is available at Waukesha County Libraries.

State Park & Forests

The Wisconsin State Park system offers many trails for outdoor recreation and family fun. State park admission stickers are required and can be purchased at park entrance. Senior discount available. Visit their website for more information

www.dnr.state.wi.us

Kettle Moraine State Forest – Lapham Peak

W329 N846 County Hwy C, Delafield, WI 53018

(262) 646-3025

21 miles of hiking trails, including a portion of the Ice Age National Scenic Trail. 17 miles of cross-country ski trails. Some lighted trails for night skiing, 5 miles of mountain bike trails. Accessible nature trail with asphalt surface.

Open 7 am – 9 pm spring, summer and fall and
7 am – 10 pm winter

Explore!

For detailed maps, trail guides, and more information on parks and other beautiful places to walk in Waukesha County, contact one of the following offices:

Wisconsin Department of Natural Resources

141 NW Barstow, Rm 180, Waukesha WI 53188

(262) 574-2100 www.dnr.state.wi.us

Waukesha County Tourism Initiative

(800) 366-1961

www.waukeshacountywi.com

Waukesha Area Convention and Visitors Bureau

N14 W23755 Stone Ridge Dr, ste 225,
Waukesha, WI 53188

(800) 366-8474

www.visitwaukesha.org

Waukesha Chamber of Commerce

223 Wisconsin Ave, Waukesha, WI 53186

(262) 542-4249

www.waukesha.org

Walk Around Town

Playgrounds and parks are not the only interesting places to walk. Waukesha County's towns and villages have many historical sites and beautiful houses to see.

Family sight-seeing walks are a wonderful opportunity to learn about your community and teach your child about the past.



Visit this website to learn about more Waukesha historical sites:

www.explorewisconsin.com/countypages/waukesha.html

Old World Wisconsin

S103 W37890 Hwy 67, Eagle

(262) 594-6300 or 6301

www.oldworldwisconsin.org

Journey back in time to 19th century Wisconsin with a visit to Old World Wisconsin, a rural outdoor living history museum. While at the museum, learn about the European immigrants who built our state and how these Wisconsin settlers lived, ate, farmed, conducted business and trades and more.

Old World Wisconsin schedules many special and educational events.

Retzer Nature Center

S14 W28167 Madison St, Waukesha, WI 53188

(262) 896-8007

www.waukeshacountyparks.com

Retzer Nature Center is a 403-acre refuge with woodland, wetland and prairie habitats. Resident and migrant bird species include Cooper's and Sharp-shinned hawks, Upland Sandpipers, Bobolinks, and Henslow's sparrows. Hiking trails are throughout the park.

The Waukesha County Historical Society & Museum (262) 521-2859

www.wchsm.org

Located at East Avenue and Main Street in downtown Waukesha in the 1893 Waukesha County courthouse building, 101 West Main Street, Waukesha, WI 53186-4811

Open: Tuesday – Saturday 10:00 AM to 4:30 PM

Closed: Sunday, Monday, and Holidays

Old Settlement Center

W184 S8074 Racine Ave, Muskego

Eight-acre site, leased to the Muskego Historical Society. Has five structures that have been relocated from the surrounding area. Historical Day is held in July and tours are conducted during the Muskego Community Festival.

www.muskegofest.com

